Course Title - Fit India

Course Objectives:

- Encourage physical activity through engaging the students in sports and yoga.
- Understand the importance of a balanced diet .
- Build skills for self-discipline, self-confidence, cooperation and teamwork.
- Promote fitness as a joyful activity.

Learning Outcomes:

- Adopting a healthy lifestyle.
- Knowledge of nutrition, diet and psycho-physiological aspects of fitness.
- Develop Self-esteem, Self-confidence, Self-discipline and team spirit as indicators of fitness.

Syllabus of *Fit India*
Unit I: Participation in Physical Activity • Fit India Protocol • Physical Activity, Health and Fitness • Indicators of Fitness Practical/Practice • Aerobic Work Out / Physical Activity (Walking) • Yoga – Asanas (Lying, Sitting and Standing positions) and Pranayama • Cardiovascular Testing by 12min/9 min Cooper Run/Walk test
Unit II: Health Related Fitness and their Components • Muscular Strength and Endurance • Body Composition and Flexibility Practical/Practice • Flexibility Training: Back Saver Sit and Reach test • Muscular Strength Training: Curl Ups / Standing Broad Jump/ VerticalJump/ Plyometric • Endurance Training: 1 Mile RockPort Testor 12 /9 minute Cooper run/walk test. • Ideal Body Weight,Body Mass Index (BMI), Waist-Hip Ratio, Waist-Height Ratio (Data of at least 10 persons to be collected)

Unit III: Nutrition and Fitness

- Healthy Eating Plate
- Balanced Diet
- Caloric Content of Food

Practical/Practice

- Preparing Daily Diet and Calorie Chart
- Aerobic Work Out / Physical Activity (Walking)
- Assessment of Physical Activity with the Calorie intake.
- Asanas for :
  - digestive system
  - excretory system

Unit IV: Psycho-physiological aspects of Fitness

- Sports Physiology and Psychology
- Depression, Anxiety and Stress Scale (DASS)
- Rosenberg Self Esteem Scale

Practical/Practice

- Skills learning and Participation in sports
- Group Games / Relays/ Minor Games
- Meditative Asanas and Pranayama
- Fitness component testing (as per Fit India Protocol and Norms) and Analysis of Results
- Data of at least 10 persons to be collected on DASS and self-esteem scale

Note: Concepts are to be taken up during the practical/practice hours.

Essential Readings:

- Fit India Website: https://fitindia.gov.in
- Wener W.K. Hoeger, Sharon
- A. Hoeger - Fitness and Wellness-Cengage Learning (2014).

SUGGESTED READINGS:

- Charles B. Corbin, Gregory J Welk, William R Corbin, Karen A Welk Concepts of Fitness And Wellness_ A Comprehensive Lifestyle Approach-McGraw-Hill (2015)
- W.Larry Kenney, Jack H. Wilmore, Devid L.Costil(2015). Physiology of Sports and Exercise, Second Edition. USA. Human Kinetics.
- Websites of International Sports Federations
- Website of Ministry of Youth Affairs and Sports

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